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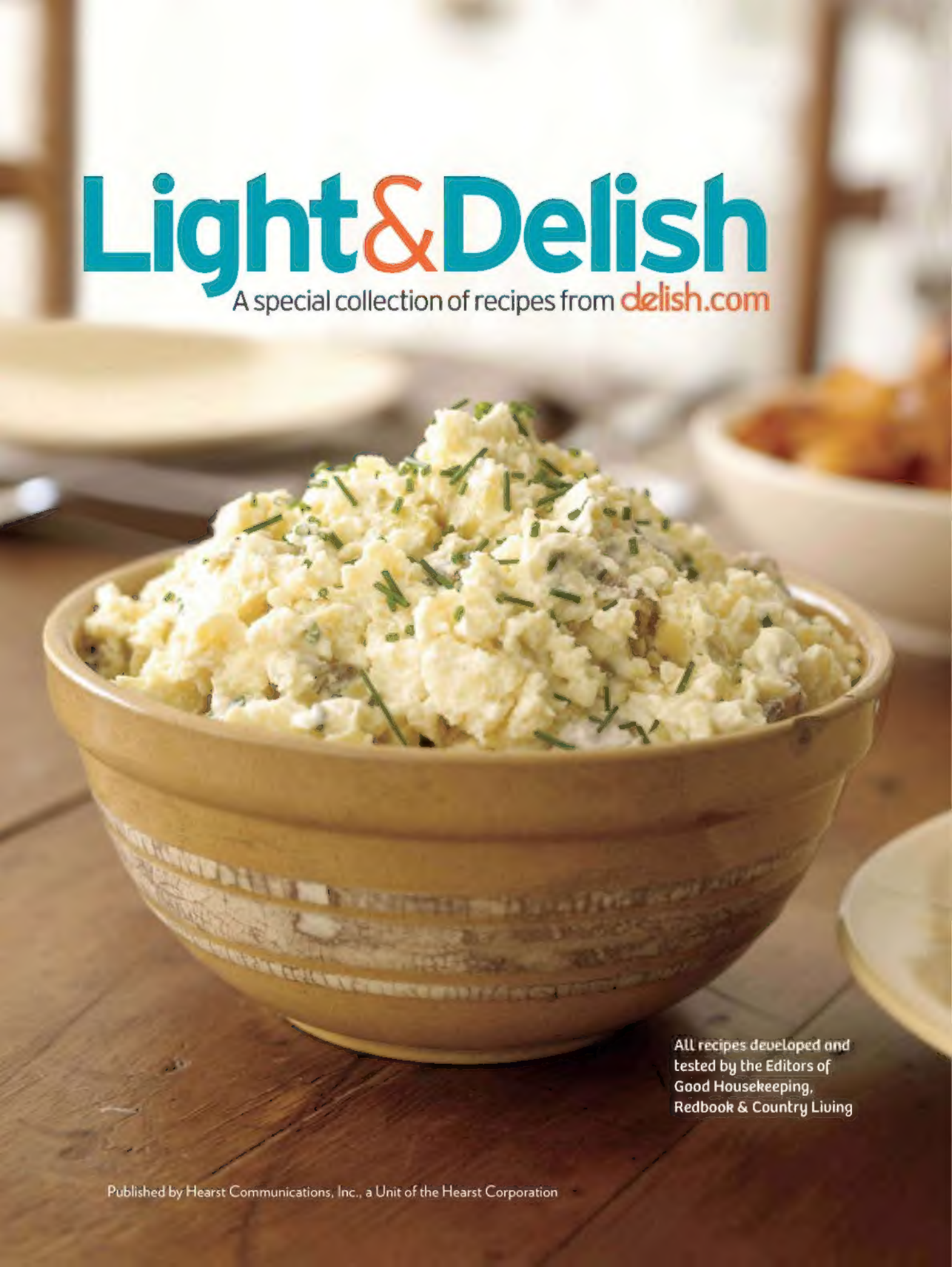

All recipes developed and tested by the Editors of Good Housekeeping, Redbook & Country Living

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Granola-Yogurt Parfait, 255 calories, page 12.

Lose Weight Without Even Trying!

Follow these simple guidelines, then choose from 18 delicious recipes to fight fat and drop pounds!

1 Build a Better Breakfast

How it helps you lose

A well-balanced meal at the start of the day is a key part of any stay-slim plan. Research shows that breakfast eaters typically consume about 100 fewer calories per day and weigh less than those who forgo food in the morning. This strategy works long-term, too. Nearly 80 percent of participants in the National Weight Control Registry, which charts dieters who have kept off 30 pounds for a year or longer, eat breakfast every day.

2 Pile on the Produce

How it helps you lose

To speed up weight loss, consider doubling—if not tripling—your intake of fruits and vegetables every day. Less than 2 percent of Americans eat the recommended nine daily servings, which is a major missed opportunity for shedding weight. Produce is made up mostly of water, so it's low in calories (meaning you can eat a lot without putting on pounds) and high in fiber, which helps curb hunger. Bonus: Numerous studies have shown that fruits and veggies are also great disease fighters.

Beet & Vegetable Soup, 160 calories, page 24.

Slim-down recipes

Instead of ladling up a bowl of New England clam chowder (450 calories) once a week, have our Beet & Vegetable Soup (160 calories, page 24)—for a savings of 290 calories. If you exchange a weekly slice of coconut cream pie (425 calories) for our delicious peach and blueberry crumble (270 calories, page 112), you can shed additional pounds during the course of a year. Other tasty, slimming veggie-based recipes: our Sloppy Janes (359 calories, page 39) and our Garlic Broccoli Rabe (93 calories, page 34).

3 Think Bold & Bright

How it helps you lose

Yes, we want you to eat more veggies. But you need to go beyond iceberg lettuce, celery, and cucumbers. A monotonous vegetable menu will quickly have you reaching for more fattening fare (we know, we've been there, too). So experiment a little. Some brightly colored suggestions: yellow and orange peppers, purple cabbage, spinach, kale, arugula, eggplant, alfalfa sprouts, asparagus, snow peas, and Brussels sprouts (Brussels sprouts with Pancetta and Rosemary is super-tasty and has only 110 calories; see recipe page 95). Your scale will thank you—a six-month study led by Pennsylvania State University researchers showed that people who filled up on produce ate up to 511 fewer calories each day, on average, compared to those who consumed less fruit and veggies.

Slim-down recipes

Try these tasty, hearty sides made with bright veggies: Spinach with Orange (50 calories, page 95) and Roasted Sweet Potato Salad (306 calories, page 99). Check out our low-fat salad dressings, too (page 29).

4 Sample More Seafood

How it helps you lose

Follow a low-cal diet that includes fish, and chances are you'll drop more pounds than you would eating the same meal plan minus the seafood, suggests a study published in the International Journal of Obesity. One possible explanation: Ounce for ounce, fish has fewer calories than almost all cuts of beef, pork, and skin-on poultry. But it's not just the low calorie counts that make seafood such an effective flab fighter. Researchers theorize that omega-3 fatty acids, the polyunsaturated fats abundant in cold-water fish like salmon and mackerel, switch on the fat-burning process in cells—provided you also exercise (walking works just fine). Omega-3s have off-the-charts health benefits, too. Studies show that they can help prevent everything from heart arrhythmias to menstrual cramps. Another reason to pile fish on your plate: It can help you burn fat even when you're snoozing. Dutch researchers found that consuming nearly a third of your day's calories as lean protein—seafood being one of the best sources—could speed up your metabolism when you're awake and asleep. Protein can also curb your appetite: A study from the University of Washington School of Medicine showed that people who were on a low-fat, high-protein diet for 12 weeks cut their daily intake by 441 calories without even realizing it. They simply felt less hungry. How's that for losing weight without even trying?

Slim-down recipes

Once a week, bypass the short ribs with mashed potatoes (810 calories) in favor of our Halibut with Tomato Olive and Pine Nut Relish (392 calories, page 90), and you'll be about 5 pounds lighter by this time next year. Or try our Shrimp Scampi Gratin (390 calories, page 53). Tasty meals like these are hardly a sacrifice!

Grilled Veggies with Pesto, 205 calories.

Grilled Veggies with Pesto

From Good Housekeeping
Total time 5 mins.
Makes 1 serving
205 calories per serving

Lightly spray vegetables of your choice with cooking spray. Place on a hot grill grate and grill until tender, turning once. Transfer to a plate, sprinkle with salt, and serve with our Basil Pesto Sauce, page 48.

Each serving vegetables shown above 6 g protein, 52 g carbohydrate, 2g total fat (1 g saturated), 5 g fiber, 8 mg cholesterol, 110 mg sodium.

Delish Tip
In the mood for a shake? Try this Pomegranate-Berry Smoothie: It hits the sweet spot and has only 250 calories!

Pomegranate-Berry Smoothie

From Good Housekeeping
Total time 5 mins.
Makes 1 serving
250 calories per serving

In blender, place ½ c. chilled **pomegranate juice**, ½ c. **vanilla low-fat yogurt**, and 1 c. frozen mixed berries. Cover and blend until puréed

Each serving 6 g protein, 52 g carbohydrate, 2 g total fat (1 g saturated), 5 g fiber, 8 mg cholesterol, 110 mg sodium.

5 Double Your Dairy

How it helps you lose

Dairy products are loaded with calcium, a mineral that may be nature's own weight-loss elixir. Scientists suspect that a diet high in calcium-rich foods (as opposed to supplements) may suppress calcitriol, a hormone responsible for enlarging fat cells and increasing fat storage. You need to get at least the recommended daily allowance of 1,000 milligrams in order to make your body break down fat more efficiently, which speeds up weight loss. Researchers at the University of Tennessee found that dieters who loaded up on dairy lost roughly twice as much weight and body fat in six months as participants who avoided calcium-rich foods. If you love low-fat yogurt, here's a double-threat way to zap pounds: Add a dollop to frozen fruit, and blend for five minutes (yes, five). When people snacked on a yogurt smoothie that was whipped to twice its original volume, they ate almost 100 fewer calories at lunch, versus when they drank less-frothy versions of the same beverage, reports study author Barbara J. Rolls, Ph.D., a professor at Pennsylvania State University. Health bonus: In addition to slowing bone loss and preventing osteoporosis, research has linked dairy to lower rates of stroke and type 2 diabetes.

Slim-down recipes

Substitute your weekly Dunkin' Donuts Vanilla Bean Coolatta (500 calories) with our Pomegranate-Berry Smoothie (250 calories, recipe at left). Or once a week, swap Fettuccine Alfredo (660 calories) for our Pasta alla' Amatriciana (346 calories, page 45), and say sayonara to about 5 pounds in 12 months.

6 Add Kick to Your Dishes

How it helps you lose

Swapping fattening butter, oil, and cream for zero-calorie spices and herbs is an instant way to slim down a dish. Research has shown that fiery flavors in particular can have longer-lasting weight-reduction benefits. For example, capsaicin, a spicy compound that's plentiful in chile peppers, can be a powerful appetite suppressant, metabolism booster, and fat burner And a Canadian study found that people who ate appetizers made with hot pepper consumed 189 fewer calories at their next meal. Cooking with herbs and spices that ratchet up food's flavor also means you're less likely to season with salt. Most women eat more than 1,000 milligrams over the recommended 2,300 milligrams of salt a day. While too much sodium doesn't lead directly to weight gain, it can cause water retention and bloating

Slim-down recipes

If your go-to weekend dinner is chicken breasts sautéed in oil, instead try our Chipotle Steak and Corn Salad (385 calories, page 62), Spicy Sausage Jambalaya (265 calories, page 37), or Poblano-Corn Chowder with Grilled Shellfish (275 calories, page 59).

7 Go with the Whole Grain

How it helps you lose

Whole grains are digested slowly—thanks to the bran and germ, which are left intact—so they keep your blood sugar steady and your hunger in check. That appetite-stabilizing mechanism may explain why women in a 12-year Harvard study who ate plenty of whole grains gained less weight than those who consumed a lot of refined grains (think cake, white bread, and all those other white-flour goodies that wreak havoc on your blood sugar and leave you craving more carbs). You need 48 grams of whole grains a day, so read food labels to make sure you're getting enough. Health bonus: Another Harvard study showed that eating whole-grain cereal daily cuts the risk of heart failure by 28 percent.

Slim-down recipes

Once a week, try our Cashew Rice (221 calories, page 74) instead of two biscuits with butter (420 calories) and save about 11,000 calories a year. Other delicious and nutritious recipes: Bulgur and Beef Stuffed Peppers (345 calories, page 87) or Lentil Tabbouleh (135 calories, page 82).

Warm Quinoa Salad with Toasted Almonds, 305 calories, page 26.

Come and Get It!

YOU ALREADY KNOW THAT BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY—IT MIGHT ALSO BE THE MOST DELICIOUS. HERE ARE 11 YUMMY REASONS TO NOT SKIP IT.

Good news for people who like food: Studies show that those who eat breakfast consume 100 calories less throughout the day and weigh less overall than people who don't start the morning with a meal. The theory is that if you fuel up first thing, you're less likely to reach for high-fat or high-sugar options at lunch or later in the day. Short on time? That's no excuse—try the oat and almond breakfast bars or granola-yogurt parfait that you can grab on the go...and when you have a little more time, indulge yourself in (believe it) pancakes or waffles. So...what do you want for breakfast?

Delish Tip: You can tell if an egg is fresh if it sinks to the bottom of a glass of cold water. If it floats? Toss it out.

French Toast From Good Housekeeping

Total time about 20 mins. **Makes** 4 main-dish servings **300 calories per serving**

- 2 lg. egg whites
- 1 lg. egg
- ¾ c. low-fat (1%) milk
- ¼ tsp. vanilla extract
- ⅛ tsp. salt
- 2 tsp. margarine or butter
- 8 slices firm whole wheat bread
- Maple syrup and fresh blackberries, raspberries, and blueberries (optional)

1. Preheat oven to 200°F and place cookie sheet inside. In pie plate, with whisk, beat egg whites, egg, milk, vanilla extract, and salt until blended. In 12-inch nonstick skillet, melt 1 tsp. margarine on medium. **2.** Dip bread slices, 1 at a time, in egg mixture, pressing bread lightly to coat both sides well. Place 3 or 4 slices in skillet, and, turning once, cook 6 to 8 minutes or until lightly browned. **3.** Transfer French toast to cookie sheet; keep warm in oven. Repeat with remaining margarine, bread slices, and egg mixture. Serve French toast with maple syrup and berries, if you like.

Each serving 12 g protein, 46 g carbohydrate, 9 g total fat (2 g saturated), 6 g fiber, 56 mg cholesterol, 755 mg sodium

Granola-Yogurt Parfait

From Good Housekeeping
Total time 5 mins.
Makes 1 serving
255 calories per serving

- ½ c. fresh or frozen (partially thawed) raspberries or other favorite berry
- ¾ c. vanilla low-fat yogurt
- 2 Tbsp. low-fat granola

1. Into parfait glass or wineglass, spoon some raspberries, vanilla yogurt, and granola. **2.** Repeat layering until all ingredients are used.

Each serving 10 g protein, 47 g carbohydrate, 3 g total fat (2 g saturated), 5 g fiber, 12 mg cholesterol, 160 mg sodium.

Delish Tip On the go? Make this parfait in a travel mug and take it with you.

Blueberry-Corn Muffins From Country Living

Total time 45 mins. **Makes** 12 muffins **192 calories per serving**

- 1 c. stone-ground yellow cornmeal
- 1 c. flour
- ½ c. granulated sugar
- 2 tsp. baking powder
- ½ tsp. sea salt
- 1 lg. egg
- 1 c. buttermilk
- 6 Tbsp. unsalted butter, melted and cooled
- 1 c. blueberries
- 1 c. fresh corn kernels (about 2 ears)
- 1 Tbsp. turbinado sugar

1. Preheat oven to 400°F. Place baking liners in a 12-cup muffin pan and set aside. Combine cornmeal, flour, granulated sugar, baking powder, and salt in a large bowl and set aside. **2.** In a separate bowl, whisk egg, buttermilk, and butter together and stir into dry ingredients until just combined. Gently fold in blueberries and corn. Divide batter among muffin cups and sprinkle with turbinado sugar. **3.** Bake until a skewer inserted into center of muffins comes out clean, about 25 minutes. Cool on a wire rack.

Each serving 3 g protein, 30 g carbohydrate, 7 g total fat, 3 g fiber, 33 mg cholesterol, 331 mg sodium.

Oat and Almond Breakfast Bars From Good Housekeeping

Total time 45 mins. plus cooling **Makes** 24 bars **155 calories per serving**

- ½ c. vegetable oil
- ½ c. honey
- 2 tsp. vanilla extract
- 1 lg. egg
- 2 c. old-fashioned oats, uncooked
- ¾ c. all-purpose flour
- ½ c. packed light brown sugar
- ½ c. sliced almonds
- ½ c. toasted wheat germ
- ½ c. raisins
- ¾ tsp. salt

1. Preheat oven to 350°F. Line 13" by 9" metal baking pan with nonstick foil (if not using nonstick, lightly grease foil). **2.** In 2-cup liquid measuring cup, stir oil, honey, vanilla, and egg until mixed. In large bowl, with fork, mix oats, flour, sugar, almonds, wheat germ, raisins, and salt until combined. With rubber spatula, stir honey mixture into oat mixture until blended; scrape into prepared pan. With wet hand, pat oat mixture evenly into pan. **3.** Bake 30 to 35 minutes or until pale golden around edges. Cool completely in pan on wire rack, about 1 hour. **4.** When cool, transfer using foil to cutting board. Cut lengthwise then crosswise into 24 pieces. Store in tightly sealed container at room temperature for up to 2 weeks.

Each bar 3 g protein, 22 g carbohydrate, 7 g total fat (1 g saturated), 2 g fiber, 9 mg cholesterol, 80 mg sodium.

Huevos Rancheros From Good Housekeeping

Total time 25 mins. **Makes** 4 main-dish servings **315 calories per serving**

- 1 Tbsp. vegetable oil
- 1 med. onion, finely chopped
- 2 cloves garlic, crushed with press
- 1 Tbsp. chipotle sauce or other hot sauce plus additional for serving
- 1 tsp. ground cumin
- 28 oz. tomatoes (1 can) in juice, drained and chopped
- 1⅓ c. black beans (1 can), rinsed and drained
- ¼ c. loosely packed fresh cilantro leaves, chopped
- ¼ tsp. salt
- 1 Tbsp. margarine or butter
- 4 lg. eggs
- 4 corn tortillas (6-in.), warmed
- 1 avocado, sliced

1. In 4-quart saucepan, heat oil on medium until hot. Add onion and garlic, and cook 8 minutes or until beginning to brown. Stir in chipotle sauce and cumin; cook 30 seconds, stirring. Add chopped tomatoes (to avoid a mess on the cutting board and counter, "chop" the tomatoes right in the can using clean kitchen shears). **2.** Cover and cook 3 minutes to blend flavors, stirring occasionally. Stir in beans, half of chopped cilantro, and the salt; heat through, about 3 minutes, stirring occasionally. **3.** Meanwhile, in 12-inch nonstick skillet, melt margarine on medium. Crack eggs, 1 at a time, and drop into skillet. Cover skillet and cook eggs 4 to 5 minutes or until whites are set and yolks thicken. **4.** Place tortillas on 4 plates; top each with some tomato mixture and 1 egg. Sprinkle with remaining cilantro. Serve with sliced avocado and additional hot sauce, if you like

Each serving 15 g protein, 42 g carbohydrate, 12 g total fat (3 g saturated), 10 g fiber, 213 mg cholesterol, 765 mg sodium.

Make the Perfect Omelet!

Omelets are the little black dresses of cooking: Simple, understated, and always in good taste, they can be dressed up or down for any meal.

Classic Cheese Omelet

From Good Housekeeping

Total time 18 mins. **Makes** 4 main-dish servings

315 calories per serving

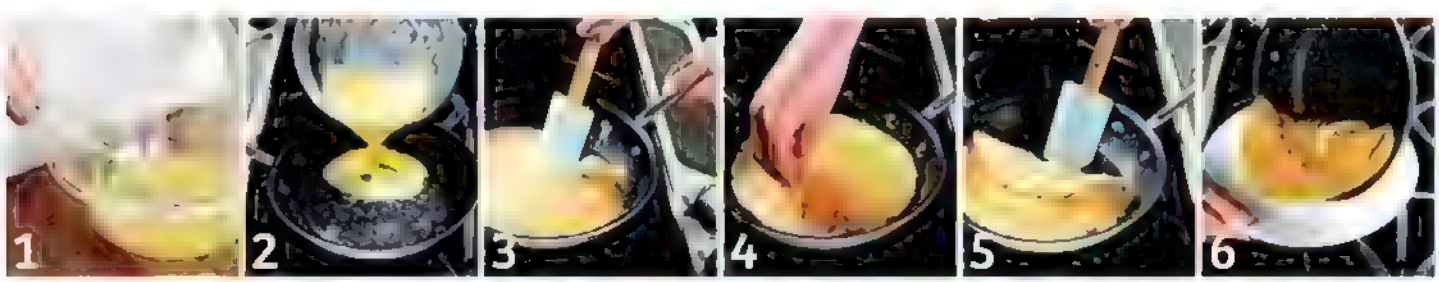
20 MINUTE MEAL

- 8 lg. eggs
- ½ c. water
- Salt and pepper
- 2 Tbsp. margarine or butter
- 4 oz. shredded Cheddar, Gruyère, or Fontina cheese (1 c.)
- Chopped green onions for garnish

1. Preheat oven to 200°F. In medium bowl, beat eggs, water, ½ tsp. salt, and ⅛ tsp. ground black pepper with a fork, 25 to 30 strokes. **2.** In 8-inch nonstick skillet, melt 1½ tsp. margarine on medium. Pour ½ c. egg mixture into skillet. **3.** After about 25 to 30 seconds, push cooked egg from side of skillet toward center, so uncooked egg can reach bottom of hot skillet. Repeat, tilting skillet as necessary, 1 to 1½ minutes. **4.** Cook until omelet is almost set but still creamy on top. Sprinkle ¼ c. cheese on half of omelet. **5.** With spatula, fold unfilled half over filling. **6.** Shake pan gently to loosen any egg or filling from edge, then slide omelet to edge of skillet. Tip skillet so omelet slides onto plate. Keep warm in oven. Repeat with remaining margarine, egg, and cheese to make 4 omelets. Sprinkle with green onions and serve.

Each serving 20 g protein, 2 g carbohydrate, 25 g total fat (10 g saturated), 0 g fiber, 455 mg cholesterol, 670 mg sodium.

Delish Tip Omelets cook fast, so have your seasonings and fillings at your elbow to give each one the attention it requires.



Cinnamon-Pecan Spirals From Country Living

Total Time 50 mins. **Makes** 30 spirals **73 calories per serving**

- 6 Tbsp. sugar
- 1¼ tsp. cinnamon
- 1 Tbsp. unsalted butter
- 1 sheet frozen puff pastry dough, thawed
- ½ c. chopped pecans
- Zest of 1 orange

1. Preheat oven to 400°F. Combine sugar and cinnamon. **2.** Melt 1 Tbsp. unsalted butter. Unfold 1 thawed sheet frozen puff pastry dough. Brush with melted butter and sprinkle with half of the cinnamon-sugar. Press into dough. Flip dough and repeat. **3.** Roll to 11- by 16-inch rectangle. Toss pecans with orange zest and sprinkle half of mixture over dough. Fold dough in half to 11- by 8-inch rectangle. Press the remaining nut mixture into dough. **4.** Starting from a long side, roll into a tight log. Trim edges. Wrap in plastic and chill for 20 minutes. Cut log into ½-inch-thick slices. Place 2 inches apart on 2 parchment-lined baking sheets. Bake for 10 minutes.

Each spiral 1 g protein, 7 g carbohydrate, 5 g total fat, 0 g fiber, 1 mg cholesterol, 21 mg sodium.

Multigrain Cereal

From Good Housekeeping

Total time 7 mins.

Makes 1 serving

265 calories per serving

In a microwave-safe bowl, combine 2 Tbsp. **quick-cooking barley**, 2 Tbsp. **bulgur**, 2 Tbsp. **old-fashioned oats**, and ¼ c. water. Microwave on High 2 minutes. Stir in 2 Tbsp. **raisins** and a pinch of **cinnamon**; microwave 3 minutes longer. Stir, then top with 1 Tbsp. **walnuts**.

Each serving 8 g protein, 50 g carbohydrate, 6 g total fat (1 g saturated), 7 g fiber, 0 mg cholesterol, 5 mg sodium.

Apple-Cheese Danish >

From Country Living

Total Time 50 mins. **Makes** 6 danish

360 calories per serving

Combine 7.5 oz. package **farmer cheese**, ⅓ c. **sugar**, 1 **egg**, 1 tsp. **vanilla extract**, and ¼ tsp. **salt** in a medium bowl. Peel, core, and thinly slice 2 med. **Gala apples**. Toss with 1 tsp. **lemon juice** and 2 tsp. **sugar**. Preheat oven to 400°F. Unfold 1 **frozen puff pastry sheet** (thawed), cut it into 3 strips, then cut in half width-wise. Roll each to a 6-inch square. Divide cheese mixture among squares. Top with apples, layering slices. Fold in 2 opposite corners of dough to meet in middle of pastry. Sprinkle with sugar. Transfer to parchment-lined baking pan. Bake until golden, 20 to 25 minutes.

Each serving 8 g protein, 38 g carbohydrate, 20 g total fat, 1 g fiber, 47 mg cholesterol, 260 mg sodium.

web
Love these danish? Save the recipe in your online recipe book at delish.com/rf/recipebook

Hot Off The Griddle!

On the weekends, when you have a little more time, go ahead and treat yourself to a cozy homemade breakfast. You've earned it!

Buttermilk Pancakes

From Country Living **Total time** 16 mins. **Makes** 6 4-in. pancakes **400 calories* per serving**

- ⅘ c. flour
- 3 tsp. sugar
- 1 tsp. baking powder
- ½ tsp baking soda
- ¼ tsp. salt
- 1 egg, beaten
- 1 Tbsp. melted butter
- ½ c. buttermilk
- ½ c. milk
- ¼ tsp. vanilla
- Canola oil (for the griddle)

1. Place the flour, sugar, baking powder, baking soda, and salt in a large mixing bowl and stir, using a whisk, to thoroughly combine (See opposite page for other mix options.) **2.** Add egg, melted butter, buttermilk, milk, and vanilla to mix and stir until just combined. Let mixture rest for 1 to 2 minutes. **3.** Heat a griddle over high heat until hot. Reduce heat to medium-low. Lightly brush griddle with canola oil. Pour ⅓ c. batter for each pancake, leaving 2 inches between each one. Cook until bubbles form on the pancake surface and the underside is golden, about 5 minutes. Flip pancakes and cook until golden, about 2 more minutes. Note: To make the Blueberry Pancakes below, add 1 c. fresh blueberries (or frozen, thawed and drained) in step 2.

Each serving 4 g protein, 18 g carbohydrate, 4 g total fat, 0 g fiber, 45 mg cholesterol, 310 mg sodium.

Delish Tip
One Tbsp. of syrup is about 50 calories, and one tsp. butter is about 35 calories, so use sparingly.

*Calorie counts are for 2 pancakes (1 waffle) plus 2 Tbsp. syrup and 1 tsp. butter.

Waffles

From Country Living
Total time 16 mins.
Makes 4 5-in. waffles
360 calories* per serving

Place ⅔ c. **flour**, 3 tsp. **sugar**, 1 tsp. **baking powder**, ½ tsp. **baking soda**, and ¼ tsp. **salt** in a large mixing bowl and stir, using a whisk, to thoroughly combine. Add 1 beaten **egg**, 1 Tbsp. melted **butter**, ¾ c. **buttermilk**, and ¼ tsp. **vanilla** to mix and stir until just combined. Let mixture rest for 1 to 2 minutes. Meanwhile, heat a waffle iron according to manufacturer's instructions. Lightly oil the iron plates, add batter (waffle iron capacities vary), and cook until waffles are golden brown and crisp, about 5 minutes.

Each serving 6 g protein, 27 g carbohydrate, 5 g total fat, 0 g fiber, 60 mg cholesterol, 460 mg sodium.

Delish Tip For the best maple syrup taste, always warm your syrup before serving—heating intensifies its flavor.

Buckwheat Mix

From Country Living
Total time 10 mins. **Makes** 1 c. mix
273 calories* per serving

Use this mix in step 1 of pancake recipe on opposite page: Place ⅓ c. **flour**, ⅓ c. **buckwheat flour**, 1 tsp. **baking powder**, ¼ tsp. **baking soda**, 4 tsp. **sugar**, and ¼ tsp. **salt** in a large mixing bowl. Stir, using whisk, to combine. Can store in airtight container up to 3 months.

Each serving 5 g protein, 57 g carbohydrate, 9 g total fat (4 g saturated), 2 g fiber, 53 mg cholesterol, 381 mg sodium.

Multigrain Mix

From Country Living
Total time 10 mins. **Makes** 1 c. mix
264 calories* per serving

Use this mix in step 1 of pancake recipe on opposite page: Place ⅓ c. **flour**, ⅓ c. **crushed muesli**, 2 Tbsp. finely ground **cornmeal**, 1 tsp. **baking powder**, ½ tsp. **baking soda**, 4 tsp. **sugar**, and ¼ tsp. **salt** in a large mixing bowl. Stir, using a whisk, to thoroughly combine

Each serving 3 g protein, 55 g carbohydrate, 9 g total fat (4 g saturated), 1 g fiber, 53 mg cholesterol, 387 mg sodium.

Chocolate Mix

From Country Living
Total time 10 mins. **Makes** 1 c. mix
311 calories* per serving

Use this mix in step 1 of pancake recipe. Place ¾ c. **flour**, 3 Tbsp. **cocoa**, 1 tsp. **baking powder**, ¼ tsp. **baking soda**, ⅓ c. **sugar**, and ¼ tsp. **salt** in large mixing bowl. Stir, using a whisk, to thoroughly combine. Can store in airtight container for up to 3 months.

Each serving 4 g protein, 67 g carbohydrate, 10 g total fat (4 g saturated), 1 g fiber, 53 mg cholesterol, 329 mg sodium.

Super Soups & Salads

SOUPS AND SALADS AREN'T JUST FOR STARTERS—THESE HEARTY OPTIONS ARE SATISFYING IN THEIR OWN RIGHT. TAKE THAT, MEAT AND POTATOES!

If you're left cold by the idea of slurping broth and stabbing greens to lose weight, you're not alone. But when you think instead of savory meats and vegetables all coming together in a simmering pot on the stove, or a salad that calls for buffalo-style chicken or teriyaki beef as the main ingredient, well, that doesn't sound so bad now, does it? Try these satisfying recipes and it'll be easy to forget you're staying on the low-cal track.

Chicken and Dumplings From Good Housekeeping

Total time 45 mins. **Makes** 4 main-dish servings **385 calories per serving**

- 1¼ lbs. skinless, boneless chicken breasts
- 2 Tbsp. vegetable oil
- 4 lg. carrots, thinly sliced
- 3 lg. celery stalks, thinly sliced
- 1 med. onion (6 to 8 oz.), chopped
- 1 can (14 to 14.5 oz.) chicken broth
- 1 sprig fresh rosemary
- ½ c. all-purpose flour
- ½ tsp. baking soda
- 2 tsp. trans-fat free shortening
- ¼ c. fat-free (skim) milk
- 1 c. frozen peas
- 2 Tbsp. chopped fresh parsley

1. Heat a 6-quart Dutch oven on medium-high until hot. Cut chicken into 1-inch chunks and season with ¼ tsp. salt and pepper. To pot, add 1 Tbsp. oil, then chicken. Cook 2 to 3 minutes. Transfer chicken to bowl; reduce heat to medium. **2.** Add remaining oil to pot; stir in carrots, celery, and onion. Cook 5 to 7 minutes. Add broth, rosemary, and 2 c. water; heat to simmering. **3.** In small bowl, whisk flour, baking soda, and ½ tsp. salt. With fork, cut in shortening until mixture forms coarse crumbs. Stir in milk just until dough forms. **4.** Stir chicken into simmering broth; cook 2 minutes. Stir in peas; cook 1 minute. Transfer chicken and vegetables to large bowl. Do not remove pot from heat. **5.** Drop dough into pot by teaspoons. Cover; simmer 5 minutes. Uncover; simmer 3 to 5 minutes longer until dumplings are cooked through. **6.** Spoon dumplings and broth over chicken mixture. Divide among bowls, then garnish with parsley and serve.

Each serving 39 g protein, 31 g carbohydrate, 11 g total fat (2 g saturated), 6 g fiber, 83 mg cholesterol, 780 mg sodium.

Cheddar-Apple Bisque From Redbook

Total time 1 hour 40 mins. **Makes** 12 main-dish servings **320 calories per serving**

Bisque

- 1 Tbsp. unsalted butter
- 2 lbs. Yukon Gold potatoes, peeled, cut into 1-in. chunks
- 4 lg. Granny Smith apples (1½ lbs.), peeled, cored, and cut into 1-in. chunks
- 1 c. sliced white part of leek, washed well
- ½ c. diced carrot
- 4 lg. sprigs fresh thyme
- 2 tsp. yellow mustard seeds or
- 1 tsp. dry mustard powder
- 4 c. low-sodium vegetable broth
- 1 bottle (12 oz.) wheat beer
- 1¼ tsp. hot red-pepper sauce
- 12 oz. sharp cheddar cheese, shredded (3 c.)
- 12 oz. smoked ham, diced
- 2 Tbsp. chopped flat-leaf parsley
- Kosher salt to taste (optional)

Apple Salsa

- 1 lg. Golden Delicious apple, cored and diced
- 1 lg. Gala apple, cored and diced
- ¼ c. honey
- 1 Tbsp. snipped fresh chives
- ½ tsp. caraway seeds
- ¼ tsp. each salt and pepper

1. Melt butter in a 6-quart Dutch oven over low heat. Stir in potatoes, apples, leek, carrot, thyme, and yellow mustard seeds. Cover pot; cook vegetables 15 minutes, stirring once or twice. Add broth, beer, and hot sauce and bring to a boil; reduce heat, cover pot, and simmer 40 minutes. Remove from heat. **2.** Discard thyme. Purée soup with an immersion blender. Stir cheese into soup. Stir in ham and parsley (add salt to taste). **3.** Toss salsa ingredients in a bowl **4.** Mound ¼ c. salsa in center of each serving bowl. Pour soup around it.

Each serving 14 g protein, 37 g carbohydrate, 14 g total fat (7 g saturated), 3 g fiber, 51 mg cholesterol, 612 mg sodium.

Italian Wedding Soup From Redbook

Total time 60 mins. **Makes** 8 main-dish servings **280 calories per serving**

Make the meatballs: Mix ¾ lb. **meatloaf mix** (ground beef, pork, and veal), ½ c. fresh **bread crumbs** mixed with ¼ c. **milk**, ½ c. grated **Parmesan cheese**, 2 Tbsp. chopped flat-leaf **parsley**, 1 lg. **egg**, ½ tsp. **salt**, and ¼ tsp. freshly **ground pepper** in a bowl until well blended. Shape tablespoonfuls into 24 walnut-size meatballs. Heat 1 Tbsp. **olive oil** in large nonstick skillet over medium-high heat; add meatballs and cook until well browned, turning, 6 to 8 minutes. Remove to a plate. Reserve 2 Tbsp. of the drippings. Make the soup: Heat reserved drippings from meatballs in a 5- or 6-quart Dutch oven over medium heat; add 1 c. each diced **onion** and **carrot** and 4 cloves **garlic**, crushed through a press. Cook 2 minutes, stirring; reduce heat to low, cover pot, and cook 10 minutes. Add 7 c. low-sodium **chicken broth**; bring soup to a boil. Stir in meatballs, 1 (15-oz.) can **cannellini beans**, rinsed, drained, ¾ c. dried **ditalini pasta**, ½ lb. **Swiss chard** (preferably rainbow chard), washed, stems chopped, and leaves torn into bite-size pieces, 2 Tbsp. chopped fresh **oregano** leaves, and ½ tsp. each **salt** and freshly **ground pepper**; reduce heat to low, cover pot, and simmer 10 minutes, stirring occasionally, or until pasta is tender. Whisk 2 lg. **eggs** with some of the hot broth; remove soup from heat and stir in egg mixture. Let stand covered until egg sets. Garnish each serving with grated or shredded **Parmesan cheese**.

Each serving 20 g protein, 24 g carbohydrate, 12 g total fat (4 g saturated), 4 g fiber, 113 mg cholesterol, 626 mg sodium.

Love this recipe?
Save it in your online recipe book at delish.com/rf/recipebook

Delish Tip When you're peeling the beets for this veggie-rich soup, wear rubber gloves for easier cleanup.

Beet & Vegetable Soup From Good Housekeeping

Total time 1 hour **Makes** 5 main-dish servings **160 calories per serving**

- 1 Tbsp. olive oil
- 1 med. onion, chopped
- 1 clove garlic, crushed with press
- ½ tsp. ground allspice
- 14½ oz. (1 can) diced tomatoes
- 1 lb. beets
- 6 c. sliced green cabbage (1 lb.)
- 3 lg. carrots, cut into ½-in. chunks
- 4 c. water
- 2 c. vegetable broth
- 1 bay leaf
- ¾ tsp. salt
- 2 Tbsp. red wine vinegar
- ¼ c. loosely packed fresh dill or parsley, chopped
- Reduced-fat sour cream (optional)

1. In 5- to 6-quart saucepot, heat oil over medium heat until hot. Add onion and cook 8 minutes or until tender. Stir in garlic and allspice; cook 30 seconds. Add tomatoes and cook 5 minutes **2.** Meanwhile, cut off the tops then peel beets and shred them in food processor (or on the coarse side of a box grater). **3.** Into saucepot with onion mixture, stir shredded beets, cabbage, carrots, water, vegetable broth, bay leaf, and salt; heat to boiling on high. **4.** Reduce heat to medium-low; cover and simmer about 30 minutes or until all vegetables are tender Remove bay leaf. Stir in vinegar and dill. Serve with sour cream if you like.

Each serving without sour cream 5 g protein, 27 g carbohydrate, 5 g total fat (1 g saturated), 6 g fiber, 5 mg cholesterol, 920 mg sodium.

Chili Mac 'n' Cheddar Soup From Redbook

Total time 34 mins **Makes** 6 main-dish servings **364 calories per serving**

Heat 1 Tbsp. **olive oil** in a 5-quart soup pot over medium-high heat; add 1 lg. **onion**, diced (1 c.) and sauté 4 minutes, until translucent. Crumble ¾ lb. lean **ground beef** into pot and cook, stirring for 4 minutes or until no longer pink. Stir in 1 Tbsp. hot Mexican **chili powder** and 1½ tsp. ground **cumin**; cook, stirring, for 2 minutes. Add 2½ c. **milk** and 1 (14½ oz.) can reduced-sodium **chicken broth**, then stir in 1 (10¾-oz.) can condensed **cheddar-cheese soup** until dissolved, bring to a boil, reduce heat to low, cover, and simmer 3 minutes. Stir in 1½ c. uncooked elbow **pasta**; continue to cook, covered, 5 minutes. Stir in 1½ c. shredded sharp **cheddar cheese** until melted and smooth. Remove from heat; let stand 5 minutes or until pasta is fully cooked. Ladle soup into bowls and garnish with diced **tomato**, **tortilla chips**, and minced **chile**.

Each serving 28 g protein, 34 g carbohydrate, 15 g total fat (7 g saturated), 2 g fiber, 62 mg cholesterol, 854 mg sodium.

Double-Pea Soup From Redbook

Total time 1 hour 15 mins. **Makes** 8 main-dish servings **248 calories per serving**

- 1 Tbsp. olive oil
- 1½ c. diced onion
- 1 c. each diced celery and carrot
- 1 Tbsp. finely chopped garlic
- 1 Tbsp. chopped fresh thyme leaves
- 1 bay leaf
- 1 bag (1-lb.) dried split green peas, rinsed, sorted
- 7 c. low-sodium chicken broth
- 2 smoked ham hocks (1½ lbs. total)
- ¼ c. dry sherry (optional)
- ½ tsp. each salt and ground black pepper
- 1½ c. frozen green peas
- 2 Tbsp. chopped mint, plus sprigs for garnish
- Seasoned croutons and sour cream (optional)

1. Heat oil in a 5- or 6-quart Dutch oven over medium heat; add onion, celery, carrot, garlic, thyme, and bay leaf. Cook, 2 minutes, stirring. Reduce heat to low, cover pot, and cook 10 minutes. Stir in split peas and cook 1 minute. **2.** Add broth and ham hocks; bring to a boil. Reduce heat to low, cover, and simmer 1 hour, stirring occasionally. Discard bay leaf. Stir in sherry, if using, and salt and pepper. Remove from heat. Remove ham hocks; cover soup. **3.** When hocks are cool enough to handle, remove skin, then cut lean meat from bones and finely shred (you will have about ½ c. ham). Stir ham and frozen peas into soup; heat over low heat until peas are hot; add mint. Ladle into bowls. Top each serving with croutons and a dollop of sour cream (if using), and a mint sprig.

Each serving 17 g protein, 39 g carbohydrate, 3 g total fat (1 g saturated), 14 g fiber, 5 mg cholesterol, 348 mg sodium.

Warm Quinoa Salad with Toasted Almonds From Good Housekeep ng

Total time 30 mins. **Makes** 5 main-dish servings **305 calories per serving**

- 1½ c. quinoa
- 2½ c. plus 1 Tbsp. water
- Salt
- 2 Tbsp. reduced-sodium soy sauce
- 1 Tbsp. rice vinegar
- 1 tsp. Asian sesame oil
- 1 tsp. fresh ginger, peeled and grated
- 2 green onions, thinly sliced diagonally
- ¼ c. sliced natural almonds, toasted

1. In 12-inch skillet, toast quinoa on medium 5 minutes or until fragrant and golden, stirring frequently. **2.** Stir 2½ c. water and ½ tsp salt into toasted quinoa; heat to boiling on high. Reduce heat to low; cover and simmer 15 minutes or until all water is absorbed. **3.** Meanwhile, in small bowl, stir soy sauce, rice vinegar, oil, ginger, green onions, and remaining 1 Tbsp. water **4.** Transfer quinoa to large serving bowl. Stir in soy sauce mixture until quinoa is evenly coated. Sprinkle with toasted almonds to serve.

Each serving 9 g protein, 38 g carbohydrate, 7 g total fat (1 g saturated), 4 g fiber, 0 mg cholesterol, 460 mg sodium.

Chicken-Citrus Salad

From Quick & Simple
Total time 10 mins.
Makes 4 main-dish servings
307 calories per serving

Gently toss 4 c. each baby **spinach leaves** and mixed **spring greens**, 2 c. sliced **strawberries**, 15-oz. can **mandarin orange** segments, drained, 8 oz. fresh or frozen **sugar snap peas** (thawed if frozen), halved, 6-oz. package oven-roasted **chicken-breast** pieces (about 1¼ c.), ½ c. **pecan** halves, toasted, and ⅓ c. fruit-flavored **dressing** in large bowl. Divide among 4 plates to serve.

Each serving 15 g protein, 29 g carbohydrate, 16 g fat (2 g saturated), 9 g fiber, 24 mg cholesterol, 534 mg sodium.

Buffalo Chicken Salad

From Good Housekeeping
Total time 30 mins. **Makes** 4 main-dish servings **360 calories per serving**

Preheat oven to 450°F. Spray 15½" by 10½" jelly-roll pan with nonstick cooking spray. Toss 1¼ lbs. **chicken breast** tenders, each cut crosswise in half, then lengthwise in half with ¼ tsp. **ground red pepper** (cayenne) and ¼ tsp. **salt**. Place on prepared pan and bake 10 minutes. Meanwhile, in microwave-safe small bowl, microwave 3 Tbsp. **cayenne pepper sauce**, 1 Tbsp. **butter**, and 1 Tbsp. **water** on High 30 seconds or until butter is melted. Add sauce to chicken in pan; stir to coat. Bake 2 to 3 minutes longer or until chicken is no longer pink throughout. To serve, arrange 1 lg. head **Boston lettuce**, torn into bite-size pieces, on 4 dinner plates; top with chicken. Sprinkle with 1 c. shredded **carrots** and 2 stalks **celery**, thinly sliced, and drizzle with ½ c. **blue cheese dressing**

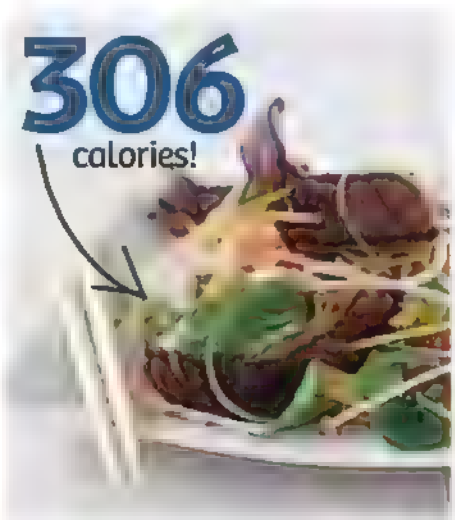
Each serving 35 g protein, 7 g carbohydrate, 21 g total fat (5 g saturated), 2 g fiber, 96 mg cholesterol, 1,085 mg sodium

Teriyaki Beef Salad

From Redbook
Total time 46 mins.
Makes 4 main-dish servings
306 calories per serving

Process ¼ c. each sweet **white miso** and **water**, 2 Tbsp. **rice wine vinegar**, 1 Tbsp. fresh **ginger**, peeled and chopped, 2 tsp. **soy sauce**, ½ tsp. each minced **garlic**, **sugar**, and freshly **ground pepper** in a blender or food processor until blended. With machine running, slowly add 3 Tbsp. **canola** or **safflower oil** in a steady stream until emulsified. Stir in 2 Tbsp. minced **scallions**. Heat a stove-top grill pan over medium heat, or heat broiler. Cut 2 **beef tenderloin steaks** (about 8 oz., 1-inch thick) vertically into 8 strips. Thread onto 16 6-inch wooden sewers. Brush beef with ⅓ c. thick **teriyaki marinade**; wrap ends of skewers with foil to prevent burning. Grill or broil skewers 2 minutes per side for medium-rare. Toss 1 bag (5 oz.) **Asian salad blend**, 2 c. **soy bean sprouts**, 1½ c. shredded **carrots**, and 1 c. thinly sliced **button mushrooms** with ⅓ cup of the dressing. Transfer salad to 4 plates. Top each with 4 beef skewers. Serve remaining dressing on the side.

Each serving 20 g protein, 21 g carbohydrate, 17 g total fat (2 g saturated), 4 g fiber, 30 mg cholesterol, 1,492 mg sodium.



Build a Better Salad

Sure, salad seems like a healthy meal, but once you add high-calorie dressings, cheese, meats, nuts, and croutons, you might as well eat a Big Mac. Here, the healthiest toppings and satisfying combos that are delicious and nutritious!

DON'T LIKE ONE OF THE TOPPINGS ABOVE? Try one of these instead for a low calorie meal in one bowl!

Red Onion
(½ c.). 24 calories

Cucumber
(½ c.). 7 calories

Carrots
(½ c.) 26 calories

Mushrooms
(½ c.) 8 calories

Bell Peppers
(½ c.). 12 calories

Red Cabbage
(½ c.) 11 calories

All Dressed Up!

These homemade salad dressings call for low- or no-fat ingredients. Serve them on the side, and you'll save calories without even trying.

Sesame-Orange

From Good Housekeeping
Total time 5 mins. **Makes** ½ c.
40 calories per serving

Combine ¼ c. **fresh orange juice**, ¼ c. seasoned **rice vinegar**, ¼ tsp. freshly grated **orange peel**, 1 tsp. grated peeled **fresh ginger**, 1 tsp. **Asian sesame oil**, 1 tsp. reduced-sodium **soy sauce** in a jar with a lid and shake to blend. If not using right away, keep in the refrigerator for up to 3 days.

Each serving 0 g protein, 8 g carbohydrate, 2 g total fat (0 g saturated), 0 g fiber, 0 mg cholesterol, 580 mg sodium.

Buttermilk Ranch

From Good Housekeeping
Total time 5 mins. **Makes** 1 c.
30 calories per serving

Combine ½ c. **buttermilk**, ½ c. **light mayonnaise**, 2 Tbsp. chopped fresh **parsley leaves**, 2 Tbsp. chopped fresh **chives**, 1 Tbsp. **cider vinegar**, 1 clove **garlic**, crushed with press, ¼ tsp. **salt** and ¼ tsp. **coarsely ground black pepper** in a jar with a lid and shake to blend. Keep in fridge up to 3 days.

Each serving 0 g protein, 2 g carbohydrate, 2 g total fat (0 g saturated), 0 g fiber, 4 mg cholesterol, 150 mg sodium.

Tomato-Basil

From Good Housekeeping
Total time 5 mins. **Makes** ⅔ c.
30 calories per serving

Combine ½ c. **tomato-vegetable juice**, 1 Tbsp. extra-virgin **olive oil**, 1 Tbsp. **red wine vinegar**, 1 Tbsp. chopped fresh **basil leaves**, 1 tsp. **dijon mustard**, ½ tsp. **sugar**, ¼ tsp. **salt** and ⅛ tsp. **coarsely ground black pepper** in a jar with a lid and shake to blend. If not using right away, keep in fridge up to 3 days.

Each serving 0 g protein, 2 g carbohydrate, 2 g total fat (0 g saturated), 0 g fiber, 0 mg cholesterol, 170 mg sodium.

Classic Comfort

TRYING TO WATCH YOUR WEIGHT? THESE RECIPES WILL MAKE YOUR FAMILY HAPPY—AND KEEP YOU ON TRACK TO LOOKING GREAT FOR BATHING SUIT SEASON. FEAST YOUR EYES!

Delish Tip Don't shy away from indulging in your spuds! Potatoes are good for you—they contain potassium, fiber, vitamins, and minerals.

Comfort food is usually synonymous with the "f" word—fattening. But it doesn't have to be. And you don't have to spend your time making one meal for your family and then sadly sitting with a lettuce salad for yourself. On the following pages you'll find the family favorites that everyone loves, and that, yes, you have permission to enjoy right along with them! A pretty comforting thought, huh?

Roast Turkey with Pears and Onions From Good Housekeeping

Total time 4 hours **Makes** 4 main-dish servings plus leftovers **300 calories per serving**

- 1 fresh or frozen (thawed) turkey (about 14 lbs.)
- Salt and pepper
- ¾ tsp. dried thyme
- 2 lg. red onions, each cut into 8 wedges
- 3 ripe Bosc pears, each cored and quartered
- 1 Tbsp. margarine or butter, melted
- ½ c. water

1. Preheat oven to 325°F. **2.** Remove giblets from turkey cavity. Pat turkey dry and place it breast side up on rack in large roasting pan. Rub outside of turkey with salt, pepper, and ½ tsp. dried thyme. Place onions in pan around turkey; loosely cover with foil; roast 2½ hours. **3.** In bowl, toss pears with margarine, dash of pepper, and remaining thyme. Remove foil; add pears to pan. Roast, uncovered, about 45 minutes longer. **4.** When turkey is done, lift and tilt slightly to allow juices inside cavity to run into pan. Place turkey on platter with onions and pears; let stand 15 minutes to allow juices to set for easier carving. **5.** Remove rack and add water to juices in pan. Place pan over 2 burners and cook on medium-high, stirring until browned bits are loosened from bottom of pan. Skim and discard fat. Makes about 1 c. pan juices. Carve enough turkey for 4 servings; serve along with pears, onions, and pan juices. Cover and refrigerate remaining turkey for leftovers or sandwiches.

Each serving turkey (without skin), pears, onions, and pan juices 28 g protein, 22 g carbohydrate, 12 g total fat (3 g saturated), 4 g fiber, 71 mg cholesterol, 315 mg sodium.

Mustard Baked Ham From Country Living

Total time 2 hours 15 m'ns. **Makes** 8 main-dish servings plus leftovers **192 calories per serving**

- 1 10- to 12-lbs. precooked bone-in smoked ham
- 1½ Tbsp. whole cloves
- ½ c. dark brown sugar
- 3 Tbsp. whole-grain mustard
- 1 tsp. finely chopped fresh thyme
- ½ tsp. finely chopped fresh rosemary
- ¼ tsp. freshly ground black pepper
- 1 c. orange juice

1. Preheat oven to 350°F. Trim all but ¼ inch fat from ham. Score ham in a diamond pattern. Place in a medium roasting pan and stud with a clove at each scored intersection. Combine remaining ingredients, except orange juice, and pat seasoning over baked ham. **2.** Pour orange juice in roasting pan, then place pan on low rack in oven. Bake until internal temperature reaches 140°F (10 to 12 minutes per pound), basting with pan liquid every 20 minutes. Tent with aluminum foil if glaze begins to burn. Remove ham and let rest for 15 minutes. Transfer to cutting board to slice.

Each serving 24 g protein, 5 g carbohydrate, 9 g total fat, 0 g fiber, 68 mg cholesterol, 1,612 mg sodium.

Delish Tip Get two meals out of one—make this ham for a Sunday dinner, then use the leftovers to make the yummy

Ham & Potato Gratins

From Country Living

Total time 1 hour 20 mins. **Makes** 8 main-dish servings **312 calories per serving**

- 2½ Tbsp. unsalted butter
- 1 med. Vidalia onion, peeled and thinly sliced
- ¾ tsp. salt
- ½ tsp. freshly ground pepper
- 2 lbs. Yukon gold potatoes, peeled and sliced as thinly as possible
- 1½ c. glazed ham (8 oz.), cubed
- 1¼ c. grated Gruyère cheese (4 oz.)
- 2 Tbsp. chopped fresh parsley
- 1½ c. half-and-half

1. Preheat oven to 325°F. Melt 1 Tbsp butter in a skillet over medium-low heat. **2.** Add onion and ¼ tsp. salt and pepper; cook over low heat until onion is deep brown and translucent, about 25 minutes. Remove from heat and combine with potatoes, ham, cheese, parsley, and remaining salt and pepper. **3.** Lightly butter eight 1-cup ramekins, then divide potato mixture among dishes, and pour 3 Tbsp. half-and-half in each. Dot tops with remaining butter **4.** Cover with foil and bake 30 minutes Uncover and bake until potatoes are tender, 35 more minutes.

Each serving 14 g protein, 26 g carbohydrate, 17 g total fat, 2 g fiber, 62 mg cholesterol, 551 mg sodium.

Potato Gratin with Gruyère

From Good Housekeeping

(photo also appears on page 30)

Total time about 50 mins.

Makes 4 side-dish servings

295 calories per serving

- 1 c. half-and-half or light cream
- ⅛ tsp. ground red pepper (cayenne)
- ½ tsp. salt
- 1½ lbs. Yukon Gold potatoes (about 3 med.), peeled and thinly sliced
- 3 oz. Gruyère cheese, shredded (¾ c.)

1. Preheat oven to 350°F. Grease shallow 4-cup baking dish or 9-inch glass pie plate. Set aside. **2.** In 3-quart saucepan, combine half-and-half, ground red pepper, and salt; heat to boiling over medium-high heat. **3.** Add potatoes and cook 2 minutes or until half-and-half mixture thickens slightly, stirring gently with heat-safe spatula. **4.** Transfer half of potato mixture to prepared gratin dish; sprinkle evenly with ½ c. Gruyère. Top with remaining potato mixture and remaining Gruyère. **5.** Bake gratin 35 to 40 minutes or until potatoes are fork-tender and top is golden and bubbly.

Each serving 11 g protein, 33 g carb, 14 g total fat (8 g saturated), 2 g fiber, 45 mg cholesterol, 395 mg sodium

Simple elegance These two recipes kick chicken and pork up a notch.

Enter your chicken recipe in our contest for a chance to win a Weber grill!
Go to delish.com/contest

Rosemary Chicken From Redbook

Total time 35 mins. **Makes** 4 main-dish servings **245 calories per serving**

- 4 chicken thighs (about 1¼ lbs. total)
- 1½ Tbsp. fresh rosemary leaves, chopped
- 1 tsp. grated lemon zest
- 1 tsp. kosher salt
- ½ tsp. freshly ground pepper
- Olive oil cooking spray
- ⅔ c. dry white wine

1. Remove bones and excess fat from chicken thighs, leaving skin intact. Combine rosemary, zest, salt, and pepper in a small cup; rub mixture over chicken. **2.** Spray a large nonstick skillet with cooking spray and place over medium heat. Add chicken, skin side up, and cook 5 minutes. Turn chicken skin-side down. Place a heavy cast-iron skillet over chicken and continue to cook 10 to 12 minutes, or until skin is crisp and chicken is cooked through. **3.** Transfer chicken to plates. Pour wine into skillet, raise heat to high, and boil 2 minutes, scraping up browned bits from bottom of skillet with a wooden spoon; spoon over chicken.

Each serving 19 g protein, 1 g carbonydrate, 17 g total fat (5 g saturated), 0 g fiber, 94 mg cholesterol, 571 mg sodium.

Garlic Broccoli Rabe

From Redbook
Total time 15 mins.
Makes 4 side-dish servings
93 calories per serving

Bring a large pot of water to a boil; add 1 small bunch **broccoli rabe** (1 lb.), ends trimmed, each stem cut into 2 or 3 pieces. Cook 2 to 3 minutes, until firm-tender and bright green. Drain in a colander. Wipe out pot; add 2 Tbsp. **extra-virgin olive oil**, 2 cloves **garlic** thinly sliced, and ¼ tsp. **crushed red pepper flakes**. Cook over medium heat, until garlic is lightly golden, about 2 minutes. Add broccoli rabe and ½ tsp. **kosher salt**; cook 2 minutes longer, tossing with tongs, until tender.

Each serving 3 g protein, 5 g carbohydrate, 7 g total fat (1 g saturated), 2 g fiber, 0 mg cholesterol, 269 mg sodium.

Creamy Sun-Dried-Tomato Polenta

From Redbook
Total time 20 mins.
Makes 4 side-dish servings
164 calories per serving

Place 3 c. **chicken broth** and ⅓ c. chopped **sun-dried tomatoes** (not marinated) in a 2-quart bowl; place in microwave. Microwave on high 8 minutes, or until broth is simmering. Whisk in ½ c. **instant polenta**; cover top of bowl with waxed paper. Continue to microwave 7 minutes, whisking twice, or until polenta is thickened and smooth. Whisk in ⅓ c. **reduced-fat sour cream** and ⅓ c. grated **Parmesan cheese** until creamy. Spoon onto plates.

Each serving 7 g protein, 19 g carbohydrate, 7 g total fat (3 g saturated), 2 g fiber, 15 mg cholesterol, 1,083 mg sodium

Pork Chops and Pears From Redbook

Total time 10 mins. **Makes** 4 main-dish servings **324 calories per serving**

- ¼ c. flour
- ½ tsp. salt
- ½ tsp. pepper
- 4 boneless loin pork chops (¾-in.-thick, 3 to 4 oz. each)
- 1 Tbsp. olive oil
- 1 Tbsp. unsalted butter
- ½ c. white wine or chicken broth
- ⅓ c. chopped scallions
- ¼ c. heavy cream
- 1 tsp. fresh lemon juice
- 1 firm ripe pear, cut into thick slices (about ¾-in. thick)
- 2 tsp. fresh parsley, chopped

1. Combine the flour with ¼ tsp. each salt and pepper in a shallow plate. Add pork chops, tossing to coat. **2.** In a large skillet, heat oil and butter over medium-high heat. Add pork chops and cook, turning once, about 8 minutes total or until cooked through. Remove to a plate; cover loosely with foil to keep warm. **3.** In the same skillet, add wine, scallions, cream, lemon juice, and remaining salt and pepper, stirring to scrape up any browned bits and until sauce is thickened, about 5 minutes. **4.** Gently stir in the pear slices; cook until just heated through, 30 seconds to 1 minute. Pour over chops; sprinkle with parsley.

Each serving 22 g protein, 14 g carbohydrate, 21 g total fat (9 g saturated), 2 g fiber, 97 mg cholesterol, 356 mg sodium.

One Pot Wonders!

Nothing's better than the simmering fragrance of a one-pot meal wafting through your home. And these flavorful meals fill you up so you stay satisfied.

Shrimp & Sausage Gumbo

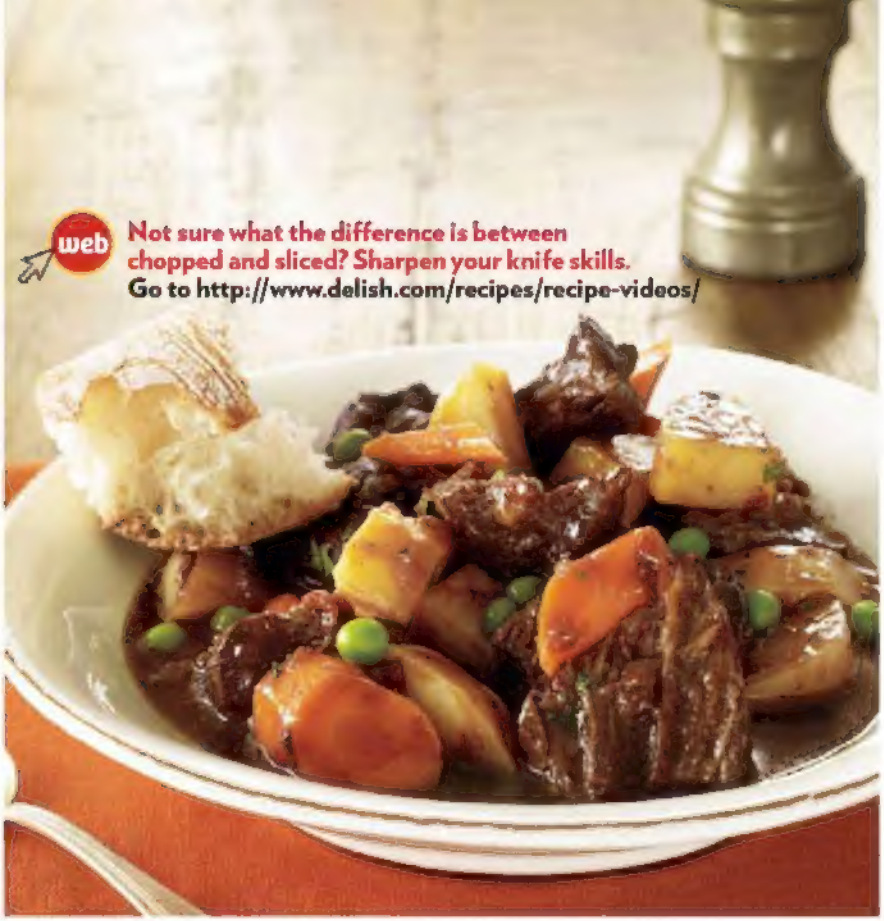
From Good Housekeeping
Total time 60 mins.
Makes 10 main-dish servings
400 calories per serving

- 1 lb. hot Italian sausage links, pricked several times with fork
- 3 Tbsp. vegetable oil
- ¼ c. all-purpose flour
- 1 med. green pepper, chopped
- 1 med. onion, chopped
- 2 med. stalks celery, chopped
- 2 cloves garlic, finely chopped
- 1 can (14 to 14.5 oz.) chicken broth
- 1 can (14.5 oz.) stewed tomatoes
- 1 c. water
- 1 pkg. (10 oz.) frozen sliced okra, thawed
- 1 bay leaf
- ¼ tsp. dried oregano
- ¾ tsp. dried thyme
- Salt
- 1½ c. regular long-grain white rice
- 1½ lbs. shelled and deveined shrimp

Delish Tip This recipe calls for shrimp that have already been cleaned. But you can buy them shells-on for less money and then just clean them yourself before tossing them into the pot.

1. Heat 6-quart Dutch oven on medium-high until hot. Add sausage and cook 8 minutes or until well browned. Transfer sausages to plate to cool about 10 minutes. Then cut sausages into ½-inch-thick diagonal slices. **2.** While sausages cool, discard all but 1 Tbsp. drippings from Dutch oven. Add vegetable oil to Dutch oven and heat on medium. (If your sausages are lean and you do not get 1 Tbsp. drippings, add enough additional oil to equal ¼ c. fat total.) Gradually stir flour into drippings until blended, and cook 4 to 5 minutes or until flour mixture is deep brown, stirring constantly. Add green pepper, onion, celery, and garlic, and cook 5 to 6 minutes or until all vegetables are tender. **3.** Return sausages to Dutch oven; stir in broth, tomatoes, water, okra, bay leaf, oregano, thyme, and ¼ tsp. salt; heat to boiling on high. Reduce heat to low; then cover and simmer for 30 minutes. **4.** Prepare rice. In medium bowl, toss shrimp with ¼ tsp. salt. **5.** Add shrimp to Dutch oven; cook 2 to 3 minutes or until opaque throughout. **6.** Discard bay leaf. Top each serving of gumbo with a scoop of rice.

Each serving 25 g protein, 33 g carbohydrate, 17 g total fat (5 g saturated), 3 g fiber, 135 mg cholesterol, 680 mg sodium.



web **Not sure what the difference is between chopped and sliced? Sharpen your knife skills. Go to http://www.delish.com/recipes/recipe-videos/**

Beef Stew

From Good Housekeeping **Total Time** 2 hours 45 mins.
Makes 8 main-dish servings **290 calories per serving**

- 2 lbs. boneless beef chuck, trimmed of fat and cut into 1½-in. chunks
- 4 tsp. olive oil
- 1 lg. onion, chopped
- 2 garlic cloves, finely chopped
- 1 can (14½ oz.) chopped tomatoes
- 2 c. dry red wine
- 1 bay leaf
- 1 tsp. salt
- ¼ tsp. ground black pepper
- ¼ tsp. dried thyme
- 1½ lbs. potatoes, peeled and cut into 1½-in. chunks
- 6 carrots, peeled and cut into 1-in. chunks
- 1 c. frozen peas
- 2 tbsp. chopped fresh parsley leaves

1. Preheat oven to 325°F. Pat beef dry with paper towels. In 6-quart Dutch oven heat 2 tsp. oil on medium-high until very hot. Add half of beef and cook 5 minutes or until well browned on all sides. Transfer beef to large bowl. Add remaining 2 tsp. oil to Dutch oven and repeat with remaining beef. **2.** Reduce heat to medium. Add onion to Dutch oven and cook 5 minutes or until tender, stirring occasionally. Add garlic cloves and cook 30 seconds or until fragrant. Stir in tomatoes with their juices. Add red wine, bay leaf, salt, ground pepper, thyme, and beef with its juices. Heat to boiling on high. **3.** Cover and transfer to oven. Cook 1 hour. Add potatoes and carrots; cook 1 hour longer or until vegetables are fork-tender. Remove and discard bay leaf. **4.** With a slotted spoon, transfer vegetables and beef to bowl and cover with foil to keep warm. Skim fat from cooking liquid and discard. **5.** Raise heat to medium-high and cook liquid 5 to 7 minutes. Stir in peas and cook 1 to 2 minutes longer or until heated through. Spoon liquid and peas over meat mixture. Sprinkle with parsley.

Each serving 27 g protein, 28 g carbohydrate, 7 g total fat (2 g saturated), 5 g fiber, 48 mg cholesterol, 450 mg sodium.

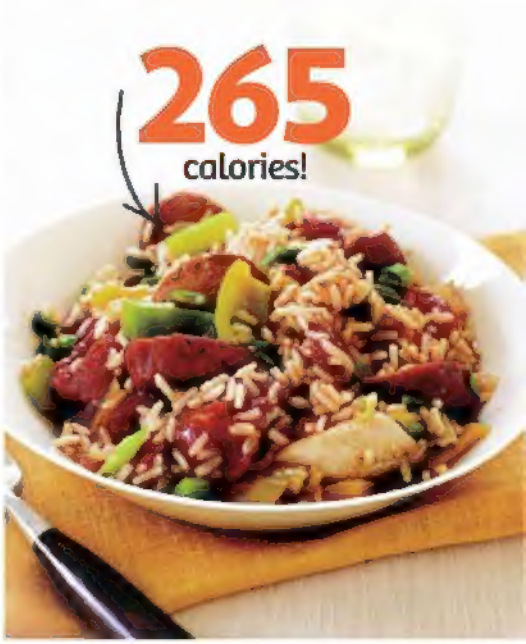
Spicy Sausage Jambalaya

From Good Housekeeping
Total time 25 mins.
Makes 4 main-dish servings
265 calories per serving

- 8 oz. turkey andouille sausage, sliced ¼-in. thick
- 1 green or yellow pepper, chopped
- 1 can (14.5 oz.) stewed tomatoes
- 1 c. uncooked instant brown rice
- 8 oz. chicken tenders, cut crosswise in half
- 1 bunch green onions, sliced

1. Heat 12-inch skillet on medium until hot. Add sausage and pepper, and cook 5 minutes, stirring occasionally. **2.** Stir in tomatoes with their juice, rice, chicken, ½ c. water, and ¼ tsp. salt; heat to boiling on high. Reduce heat to low; cover and simmer 10 minutes or until rice is just tender. **3.** Remove skillet from heat; stir in green onions. Serve.

Each serving 26 g protein, 30 g carbohydrate, 6 g total fat (2 g saturated), 4 g fiber, 73 mg cholesterol, 830 mg sodium.



Leftovers to love: Eating these the next day is even better!

Delish Tip Using a slow cooker is a healthy way to cook! That's because most slow cooker recipes call for fresh ingredients, where the natural juices of meat and vegetables blend to create delicious flavor without high-calorie additives.

Carolina Pulled Chicken

From Redbook

Total Time 5½ to 6½ hours **Makes** 6 servings **278 calories per serving**

Chicken

- 1 c. chopped onion
- ¼ c. cider vinegar
- 3 lg. cloves garlic, crushed through a press
- 1 Tbsp. brown sugar
- ⅓ c. whole-grain mustard
- 1 lg. whole chicken (4½ to 5 lbs.), wing tips cut off, skin removed

Dressing

- ¼ c. yellow mustard
- 2 Tbsp. chopped parsley
- 1 Tbsp. cider or malt vinegar
- ½ tsp. each salt and freshly ground pepper

1. Stir onion, vinegar, garlic, and brown sugar into 6-quart slow-cooker to combine. Spread whole-grain mustard all over chicken. Place chicken, breast-side down, in slow-cooker. Cover; cook on low-heat setting 5 to 6 hours, until chicken is fork-tender. Remove chicken to a cutting board; let stand 5 minutes. **2.** Pour braising liquid from slow-cooker through a fine sieve set over a 1-quart glass measure. Transfer onion solids from sieve and ½ c. of the braising liquid to a large bowl. Add dressing ingredients to onion mixture and whisk together. **3.** Shred the chicken into large pieces. Add to dressing; toss. Serve on toasted buns with coleslaw, if desired.

Each serving 37 g protein, 9 g carbohydrate, 9 g total fat (2 g saturated), 1 g fiber, 110 mg cholesterol, 720 mg sodium.

Pulled Pork Sandwiches

From Good Housekeeping

Total time 8½ to 10½ hours

Makes 16 servings

385 calories per serving

- 2 Tbsp. smoked paprika
- 1 Tbsp. mustard powder
- ¼ c. plus 1 Tbsp. dark brown sugar
- Salt and freshly ground pepper
- 4 lbs. boneless, untrimmed pork shoulder blade roast (Boston butt)
- 1 c. cider vinegar
- ½ c. ketchup
- 2 tsp. crushed red pepper
- 2 Tbsp. light mayonnaise
- 2 bags (14 oz. each) coleslaw mix
- 16 hamburger buns, lightly toasted

1. In 5- to 6-quart slow-cooker, combine paprika, mustard, ¼ c. dark brown sugar, 1 tsp. salt, and 1 Tbsp. black pepper. Add pork and rub mixture all over meat. Arrange pork in single layer in slow-cooker, fat side up. **2.** In a bowl, whisk cider vinegar, ketchup, red pepper, 1 tsp. salt, 1 tsp. black pepper, and remaining 1 Tbsp. dark brown sugar. Pour ⅓ c. sauce into large bowl; cover and refrigerate. Pour 1 c. water and remaining sauce into slow-cooker. Cover with lid, and cook on low setting 8 to 10 hours, or until meat is fork-tender. **3.** Transfer meat to large bowl; remove fat and skin and discard. Using two forks, shred meat into small pieces. Pour sauce from slow cooker into fat separator. Pour half of sauce over meat and other half into gravy boat. Discard fat. **4.** Remove reserved sauce from refrigerator; whisk in mayonnaise. Add coleslaw mix, and toss until combined. Divide meat evenly among buns; top with coleslaw. Serve with reserved sauce.

Each serving 32 g protein, 33 g carbohydrate, 14 g total fat (4 g saturated), 3 g fiber, 98 mg cholesterol, 595 mg sodium.

Sloppy Janes From Redbook

Total time 10 mins. **Makes** 4 main-dish servings **359 calories per serving**

- 1 Tbsp. canola oil
- 1 c. scallions, chopped
- 1 c. yellow and orange bell peppers, chopped
- 1 Tbsp. garlic paste
- 1 lb. ground turkey or chicken
- 1 can (14.5 oz.) fire-roasted diced tomatoes
- 2 Tbsp. Worcestershire sauce
- 1 chipotle chile in adobo sauce, chopped
- ½ tsp. salt
- 4 pieces cornbread or 4 toaster corncakes, halved
- 1 Tbsp. red wine vinegar
- ¼ c. chopped fresh cilantro

1. In a large nonstick skillet, heat oil over medium-high heat. Add scallions and bell peppers and cook, stirring constantly, 2 minutes. Add garlic paste and cook, stirring constantly, 1 minute. **2.** Add turkey and cook, breaking it up with a wooden spoon, stirring until no longer pink, 3 minutes. Add tomatoes and their juices, Worcestershire sauce, chipotle chile, and salt. Reduce heat to medium and cook, covered, 3 minutes. **3.** Meanwhile, toast cornbread or corncakes. **4.** Stir vinegar and cilantro into turkey mixture. **5.** Spoon half of the Sloppy Jane mixture over 4 slices of cornbread, dividing evenly. Repeat with remaining Sloppy Jane mixture and cornbread.

Each serving 26 g protein, 33 g carbohydrate, 15 g total fat (3 g saturated), 3 g fiber, 69 mg cholesterol, 893 mg sodium.